

WEEKEND SURVIVAL GUIDE



June 2008

Can you relate to this dilemma?

"I'm pretty good about my diet and exercise program during the week. But when the weekend comes, I don't know what happens to me. I find myself constantly starting over every Monday morning, having to undo weekend damage, it is very discouraging."

One reason weekends are so difficult is that you fall out of your regular daily routines. There are potlucks, dinners, dates and family gatherings that all present with menu challenges. Without a plan, you're more likely to stray from the healthy habits you have been working so hard to develop. Below are some tips that we at NutritionWorks find helpful to survive the weekend without Monday morning regrets:

1. Plan activities that are active and do not revolve around food only.
2. Plan to have only one "splurge" meal on only one day of the weekend....Saturday Night for example.
3. Plan ahead! If you are going to eat out, go online and see if a menu is available and if possible nutritional information.
4. Set some "weekend specific" goals for yourself based on the realities of what you'll be doing.
5. Make sure you pack healthy snacks if you're out for the day to avoid fast food temptations.

A plan will keep your program moving in the right direction.

Creamy Strawberry Soup

Ingredients:

- 1 8oz. vanilla low-fat yogurt
- 1 cup fat-free milk
- 2 cups ripe strawberries
- 2 t. sugar
- Sliced strawberries to garnish
- Fresh mint leaves to garnish

Directions:

1. In blender or food processor place yogurt, milk, strawberries, and sugar. Cover and blend until smooth.
2. Cover and chill until serving time. Garnish with a few sliced strawberries and mint leaves.

Makes 4 servings

Nutritional Information:

100 cal.; 1 g. fat; 18 g. carb.;
2g. fiber; 5 g. protein; 72 mg.
sodium.